

# Swimming

## Fall Swimming

The City of Huntington Beach is pleased to offer a complete spring swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.

### NEW! - PRIVATE SWIM LESSONS

Private swim lessons will be available for the first time this fall! Lessons will be 15 minutes each, divided into two 5 week sessions, and will be available for 1 or 2 students on Friday afternoons. For cost and more info please see the previous page or contact the City Gym and Pool at (714) 960-8884.



American  
Red Cross

### City Gym and Pool

1600 Palm Ave. 714-960-8884

Register online beginning 9 am **Aug. 14** at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

Office Hours:

M-Th: 9 am - 9 pm, Fri: 9 am-8 pm, Sat: 9 am-1 pm

## SWIM LEVELS

**Parent and Child (PC) 6 month to about 3 years:** Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

**PC Level 1 (PC 1)** – Introduces Basic skills including safety topics to parents and children

**PC Level 2 (PC 2)** – Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

**Preschool Aquatics (PA) About 4 to 5 years:** Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

**PA Level 1 (PA 1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.

**PA Level 2 (PA 2):** Helps children gain greater independence in their skills and develop more comfort in and around water.

**PA Level 3 (PA 3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Learn-to-Swim (LS) About 6 years through adult:** Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

**Level 1 (LS 1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

**Level 2 (LS 2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.

**Level 3 (LS 3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.

**Level 4 (LS 4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

**Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.

## Need additional help or have questions?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

### SWIM LEVEL TESTING

Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

**Saturday, July 28** 1 -2 pm

**Saturday, Aug 4** 1 -2 pm

### SENIOR CITIZEN SWIM

Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

**City Gym Pool** 1:30 – 3pm **Fri** \$2

# Swimming

## FALL 2012 - CITY GYM SWIM SCHEDULE

**Fees: \$50** per 10-class session – All swim lessons are one half hour

All classes held at the City Gym and Pool • 1600 Palm Ave. • **No Class: Nov 12**

Time	Mon/Wed 9/10 - 10/10	Tues/Thurs 9/11 - 10/11	Mon/Wed 10/15 - 11/19	Tues/Thurs 10/16 - 11/15	Saturday 9/15 - 11/17
8:00am					LS 1- 8502.405
8:30am					LS 2- 8503.406
9:00am					PA L1- 8501.417 PA L2- 8626.424
9:30am	PA L1- 8501.401 PA L2- 8626.400	PA L2- 8626.405 PA L3- 8627.403	PA L1- 8501.411 PA L2- 8626.412	PA L2- 8626.417 PA L3- 8627.411	PA L2- 8626.425 PA L3- 8627.417
10:00am	PA L2- 8626.401 PA L3- 8627.400	PA L1- 8501.405 PA L2- 8626.406	PA L2- 8626.413 PA L3- 8627.407	PA L1- 8501.414 PA L2- 8626.418	PC L1- 8500.407
10:30am	PC L1- 8500.401	PC L1- 8500.402	PC L1- 8500.404	PC L1- 8500.405	PC L2- 8628.406
11:00am	PC L2- 8628.400	PC L2- 8628.401	PC L2- 8628.403	PC L2- 8628.404	PA L1- 8501.418 PA L2- 8626.426
11:30am		PA L1- 8501.406 PA L2- 8626.407		PA L1- 8501.415 PA L2- 8626.419	PA L2- 8626.427 PA L3- 8627.418
12:00pm		PA L2- 8626.408 PA L3- 8627.404		PA L2- 8626.420 PA L3- 8627.412	LS 1- 8502.406 LS 2- 8503.407
12:30pm					LS 3- 8504.406 LS 4- 8505.403
2:00pm	PA L1- 8501.402 PA L3- 8627.401	PA L2- 8626.428 PA L3- 8627.405	PA L1- 8501.412 PA L3- 8627.408	PA L1- 8501.416 PA L3- 8627.413	
2:30pm	PA L2- 8626.402 PA L3- 8627.402	PA L2- 8626.409 PA L3- 8627.406	PA L2- 8626.414 PA L3- 8627.409	PA L2- 8626.421 PA L3- 8627.414	
3:00pm	PA L1- 8501.403 PA L2- 8626.403	PA L1- 8501.409 PA L2- 8626.410	PA L2- 8626.415 PA L3- 8627.410	PA L2- 8626.422 PA L3- 8627.415	
3:30pm	LS 1- 8502.401	LS 1- 8502.402	LS 1- 8502.403	LS 1- 8502.404	
4:00pm	LS 2- 8503.401	LS 2- 8503.403	LS 2- 8503.404	LS 2- 8503.405	
4:30pm	LS 2- 8503.402	LS 3- 8504.401	LS 3- 8504.403	LS 3- 8504.404	
5:00pm		LS 3- 8504.402		LS 3- 8504.405	
5:30pm		LS 4- 8505.401		LS 4- 8505.402	
6:00pm		PC L2- 8628.402		PC L1- 8500.406	
6:30pm	PA L1- 8501.404 PA L2- 8626.404	PA L2- 8626.411 PA L3- 8627.419	PA L1- 8501.413 PA L2- 8626.416	PC L2- 8628.405	
7:00pm	<b>Recreation Swim \$2</b>	PA L1- 8501.310 PA L2- 8626.311	<b>Recreation Swim \$2</b>	PA L2- 8626.423 PA L3- 8627.416	
7:30pm		8507.301 Exceptional Swim \$18		8507.302 Exceptional Swim \$18	
8:00pm	Adult Swim \$2 8-8:30 PM	8508.401 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.402 Adult Lessons	